

Thursday, Sept. 12, 2002

Atlantis at pad for prelaunch preparations



▲ **Mission Update:** After being stacked with its Solid Rocket Boosters and External Tank, Atlantis began its rollout to Pad 39B Tuesday at 2:27 a.m. in preparation for launch to the International Space Station. The Shuttle arrived at the Pad and was hard down at 9:38 a.m. Retests of Crawler Transporter No. 2 with the Mobile Launcher Platform were successfully completed after technicians replaced bearings lo-

cated in the JEL (jacking, equalization and leveling) cylinders. The repaired cylinders on the crawler performed flawlessly during Atlantis' roll to the pad. Launch of Atlantis is scheduled no earlier than Oct. 2, between 2 and 6 p.m. EDT.

▲ **NASA-Sponsored Blood Drive With The American Red Cross:** A NASA-sponsored Blood Donor Drive is scheduled on Monday, Sept. 16. The American Red Cross will be accepting donations on Center from 10 a.m. to 4 p.m. in a Bloodmobile located behind the Headquarters Building Courtyard. Coupons for a free Chick-fil-A Chicken Sandwich will be given to all donors. Four American Red Cross Lunch Bags will be given away from a drawing of the donor names. If you would like to schedule your appointment, please call 1-800-GIVELIFE (1-800-44835433 - eight digits IS correct).

◆ **Nutrition Tip From The KSC Fitness Centers —**
Make Breakfast a Priority or Make Ahead Breakfasts.



NASA teams with American Red Cross for blood drive

Breakfast is the most important meal of the day. The name itself means you are breaking an overnight fast and need to replenish your body's energy stores. The first meal of the day should provide about one fourth of your total daily nutrition requirements so you can be at peak performance at school and work. Without a good breakfast, you may become sleepy in the late morning, lose energy, and even lose the ability to perform mental tasks. People who eat breakfast are also more likely to eat well at lunch and eat a more balanced diet overall.

But the time crunch on busy mornings is undeniable. The solution? Make your breakfast the night before, when you are already putting around the kitchen. Then store it in the refrigerator and cook it in the morning while you're getting ready to go. Or let your breakfast cook all night in the crockpot. Then sit down to an excellent, leisurely meal and you will be set for the day.

Breakfast Tips:

- **Be Creative**
- **Use the Crockpot**
- **Get Kids Involved**
- **More Fruits and Veggies**
- **Bread Machine**
- **Try Ethnic Foods**
- **Plan Ahead**

◆ **Did You Know?** A technology awards luncheon will be held on Oct. 8 at the KSC Visitor Complex Debus Center to honor NASA and contractor inventors for their technical contributions.

KSC Countdown is published every Tuesday & Thursday.

Deadlines: 10 a.m. the day before. Send information, comments or questions to:

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